



Creating opportunities for students to eat healthy, be active, and stay tobacco free

What is a Gold Medal School?

A Gold Medal School is a school committed to changing their school's health environment.

The Gold Medal Schools (GMS) program works by assisting schools in developing strong health policies and changes to the school's environment that support good nutrition, physical activity, and tobacco prevention. By implementing the GMS program your school is creating a sustainable and healthy school environment for students, faculty and staff to enjoy for years to come. Schools can achieve various levels in the program: Bronze, Silver, Gold, Platinum and Platinum Focus. Look at the criteria list on the next page to see what is required to achieve each level. Your school has and will continue to receive several awards including monetary incentives for completion of the various levels.

Why should schools participate?

With obesity on the rise among children, schools have become the ideal place to teach students about physical activity, nutrition, and staying tobacco free. Through the policies established by GMS and changes made to your school's environment, your students will not only learn healthy habits to last a life time, but will also demonstrate better overall mental health, behavior, self-esteem, and academic success. By being a part of the GMS program your school is sending a strong message to your community that you are committed to the overall well-being of your students. Go to www.hearhighway.org/gms/testimonials.html to find out why other schools feel it is important to participate in the program.

What is my role as a teacher?

1. Support the Gold Medal Schools program.
2. Walk the Gold Medal Mile with your class or encourage students to walk during their free time.
3. Participate in the staff wellness program.
4. Implement Gold Medal Schools criteria by using resources provided for the classroom.
5. Serve as a role model to other school staff and to students.

Who do I talk with to find out what my school has already done?

Your principal will be able to tell you what your school has already done as part of the GMS program or they can direct you to your school's GMS school coordinator or mentor. The school coordinator is a representative from your school who is the main contact for GMS. The mentor is a Utah Department of Health employee assigned to your school. Both have worked closely to implement the program at your school. Your principal, school coordinator or mentor will also be able to give you copies of policies that have been implemented as well as information on new programs that have been started to complete GMS criteria.